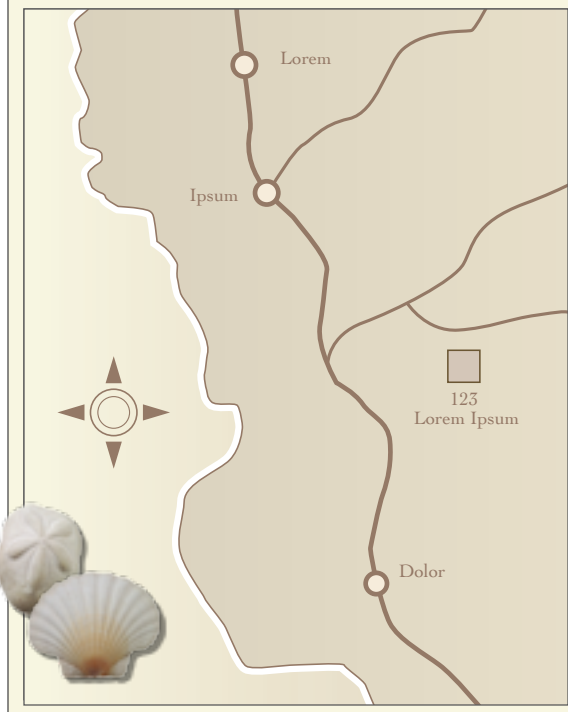




Training Program

Training Programs are intended for elders to stay healthy and make new experiences. We want them to be active and get engaged in activities such as fitness, dancing, running, walking and swimming. Staying fit and active will prevent them from having a depression or downfall.

The immune system weakens, making the elderly more vulnerable to



Contact Us

354 BROCKWOOD STREET
NEW YORK, L1N3W9
TEL: 2345 7890



HAPPY CAMPERS

AGE: 70



WELCOME

"I gained confidence and became more aware of my identity. Happy Campers definitely helped me establish the person I am today. The staff are all very nice and friendly. It is like my second home"

Abigail Smith



A Sense of Fulfillment

YOU'RE NEVER TOO OLD TO LEARN

As one ages, it is natural for memory skills to fall; however, this should not stop the elderly from learning. Even though they face decline in fluid intelligence, their crystallized intelligence increases. Fluid Intelligence refers to one's ability to reason speedily and abstractly, as when solving logic problems. Crystallized intelligence refers to one's accumulated knowledge as reflected in vocabulary and analogies test. Here at Happy Campers, we encourage everyone to learn and make new experiences, for it is crucial to feel satisfaction and joy at this point of life.



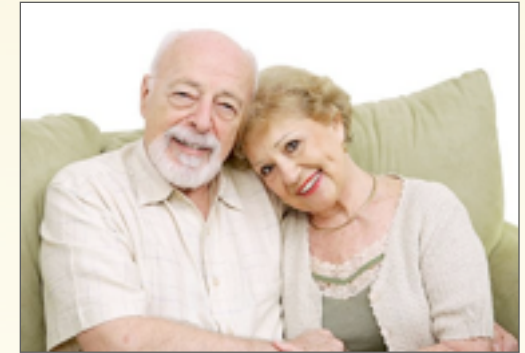
ACTIVITIES TO MAINTAIN COGNITIVE ABILITIES

Memory Games

Memory games are intended for adults (70 years old) to improve their memory skills. Even though it is natural for such skill to decrease as one gets older, playing memory games daily will benefit the brain, for it is important to keep your brain active as well. Flash cards and other materials will be used.

INTEGRITY VS. DESPAIR

Older adults need to look back on life and feel a sense of fulfillment. Success at this stage leads to feelings of wisdom, while failure results in regret, bitterness, and despair.



ACTIVITIES FOR SENSE OF FULFILLMENT

Scrapbook Making

By making scrapbooks, they will have chance to reflect upon their past and celebrate their accomplishments. They will be able to recall their happiest and saddest moments, which will lead to the feeling of wisdom. Treasuring one's memory will prevent them from feeling depressed and regretful.



WHO ARE WE?

Founded in 1977 by a famous psychologist, Chaeri Jeong, we strive to promote a healthy development in you! A 3 to 5 week program of fun activities will give you the benefit of maintaining a healthy mind and body. We have planned out specific activities for each age group from 18 months to 70 years of age. It is our job to provide an appropriate environment to stimulate proper growth.

